Mental Health & Addictions

Good mental health for all is a community responsibility.

United Way WRC funding ensures that individuals and families who need support, like counselling or crisis referrals, receive it. It also helps address wait lists that have become much longer in recent years, so that those who need the support can get it in a timely manner.

Requests for psychological assessments in Ontario have **increased by 224% between 2021-2023.**

7 out of 10 residents in Waterloo-Wellington have accessed mental health services and supports at some point for themselves or for someone in their immediate family.

Meet Nicole

Nicole was a resident of Ancora House, and seven months sober when she shared this story: "Since coming to Ancora House, I've been committed to attending meetings regularly, which has been crucial for my sobriety. I've also had the opportunity to volunteer with Harvesting Hope, a social enterprise that's given me a sense of purpose and connection to the community.

One of my proudest achievements was completing a work placement. It wasn't always easy, but it helped me build confidence and valuable skills. I also participated in the YWCA's Small Steps to Success Program, which was incredibly empowering. Winning the Dragonfly Award for Leadership was a moment I'll never forget - it showed me how far I've come and the potential I have. Recently, I started a new job, which feels like a huge step forward in my journey. It's both exciting and a little scary, but I'm grateful for the chance to rebuild my life.

Local Solutions

Thanks to your support, United Way WRC was able to provide funding to the following organizations, that list 'Mental Health & Addictions' as their main cause area over the past 12 months.

Programs Changing Lives

- One to one & group counselling
- Specialized supports for addressing trauma
- Supports for survivors of sexual violence
- Culturally appropriate services and supports
- Prevention & Education

1. Strat Health https://stratahealth.com/wp-content/uploads/Askforhelptoday.ca-Infographic-Mental-Health-Referral-Insights-in-Ontario-2023.pdf

2. Canadian Mental Health Association https://cmhaww.ca/wp-content/uploads/2023/09/CMHA-WW-Mentally-Healthy-Community-Survey-Synopsis-002.pdf